

THE LAND OF BLUE

A Young Adult Novel about Choice and Consequence

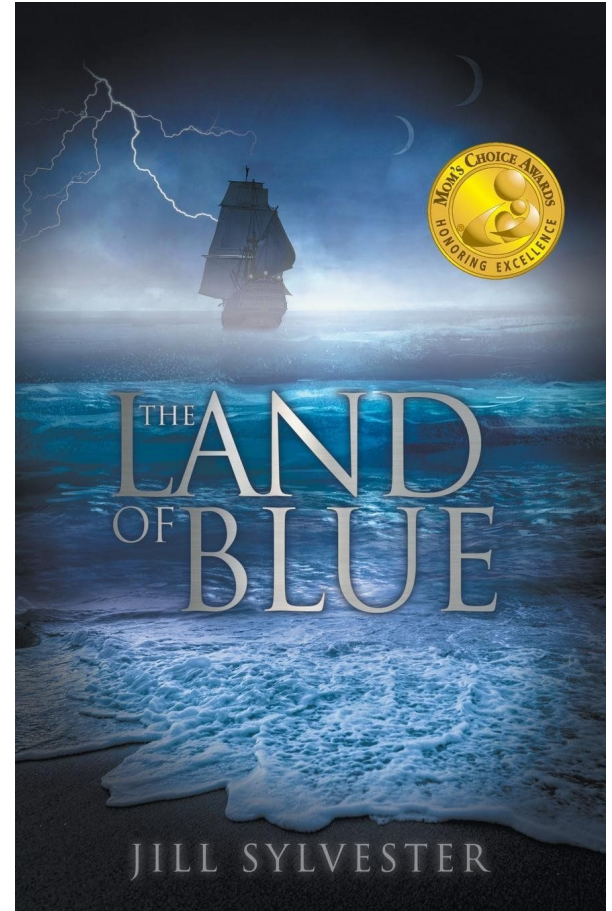
Social and Emotional Learning Through the Written Word

JILL SYLVESTER, LMHC

YA novel “The Land of Blue:” What’s it about?

12 year-old Cassie’s father goes missing and her mother and grandparents won’t tell her where he went, or why.

Then one afternoon an endearing old lady named Agatha arrives on the dilapidated porch and tells Cassie that her father has gone to the Land of Blue and that Cassie is the only one who can save him.



Social and emotional learning: Going beyond academics

Land of Blue—a metaphor for anxiety, depression and addiction—a self-help book under the guise of fiction.

Teaches kids how to:

Manage emotions/Develop emotional intelligence

Learn distress tolerance

How to maintain and initiate positive relationships and to

Make good choices



It's also about:

Thought patterns- the opposing forces of both dark and light, that create conflict within ourselves, often resulting in symptoms such as depression, anxiety, negativity and low-self-esteem.

The primary theme centers around **choice and consequence** but also includes themes such as:



Breaking the generational cycle

Self-awareness

Relationships with family and friends

Why I wrote The Land of Blue

Social and emotional growth is everything.



Written initially to help kids talk back to OCD and to help them raise their emotional frequency

To create rich discussion between kids and their parents/teachers

For both kids (aged 12 and up) and adults

Belongs in both homes and classrooms where kids learn the tools for self-improvement.

How To Use the Book in the Classroom



Chapter by chapter homework assignments

Self-reflective journaling

Classroom discussion

For students to talk more in depth about relevant issues in today's world:

negativity, anxiety and depression

Taking kids' emotional temperatures

Helping them rise above the challenges they face

Teaching them to make positive choices

Chapters can be centered around themes such as self-awareness, relationship skills, responsible decision making.

Metaphors

The Enticer

Escape

Gremlins

Blobs and Bads

Have to Haves

Option's Port



Classes of Inhabitants on TLOB:

Potentials

Permanents

Permanents by Association

Those Working for Permanency

The Settling

Entities (Cassie's entity Agatha is the integral character representing Cassie's shadow self)

Summer reading question examples

What is the Enticer?

Who is responsible for getting Cassie's Dad clean?

Who is Agatha? Is she a good or bad influence in Cassie's life?
How does she help Cassie? How does she hinder her?

Who is responsible for getting Cassie's Dad out of TLOB? Why?

Examples for journaling exercises/class discussion

How does your negative voice speak to you? What does it say?

Imagine you have an Entity- what do they look like? (Artists draw, writers write, talkers articulate- help kids to use their own medium to convey what they are feeling.)

What happens when Cassie lets go and falls through the Ripple?

Simply journaling after each chapter their feelings and thoughts that arise. This is how we take our kids emotional temp and understand where they're at.

Anxiety- how does it show up in Cassie's life?

Fate. Does what came before us necessarily determine what will come after us? Can we change our family blueprint? How?

Examples for journaling exercises/class discussion CONT...

Choice. Discuss choice as it relates to the Land of Blue. What does each character think about choice?

Addiction and the LOB. Draw connections between the details of what happens on Blue to the real world of drugs, alcohol and other addictions.

Once Cassie finds her father, why isn't bringing him home that simple?

What does the author mean when she says, "Just as the Sun is present even when it rains." What does that mean to you?

What is a technique you took from the book on how to deal with your own anxious feelings?

What is one of Cassie's beliefs, such as "Nothing good ever lasts," and how does that contribute to her chaos?

Discuss Tufa's guidance, "There is no despair in a life that has fulfilled its purpose."

Throughout the novel, both the dark and the light are competing for Cassie's attention. Give examples of each and how they appear.

What Readers Are Saying: 81 Amazon Reviews

I could feel the hurt and frustration of Cassie, the main protagonist, from the minute she had to go to Nana's house to live...would appeal to teenagers who are trying to cope with loss and other challenges.

Sheila, English Language Arts Teacher, Boston, MA

“Caution: You won't be able to put this book down!” **Braeden, age 11**

“This book tugged at my heart and soul. Should be required reading for middle school readers and above-parents, too!” **SuzieQ**

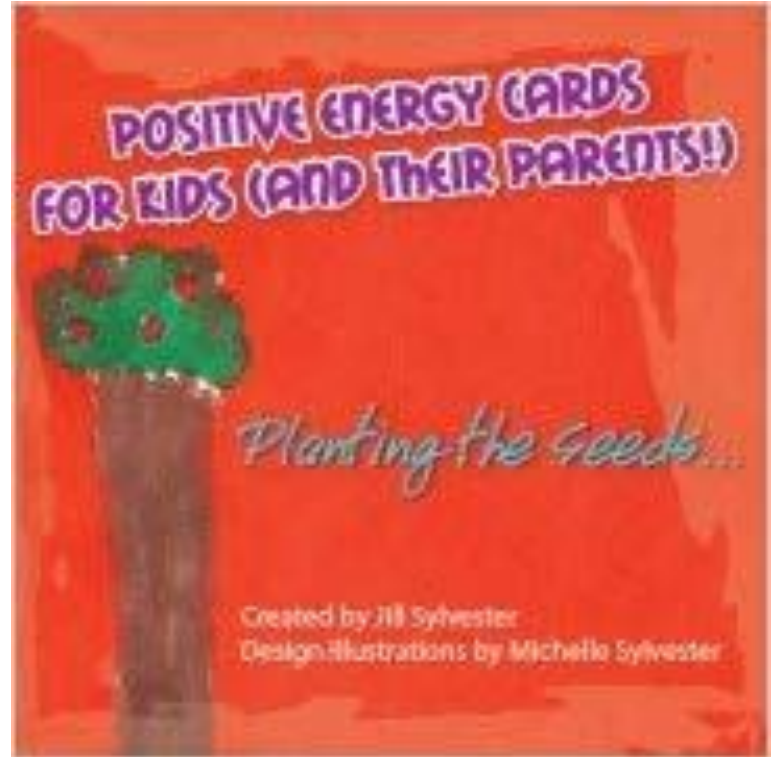
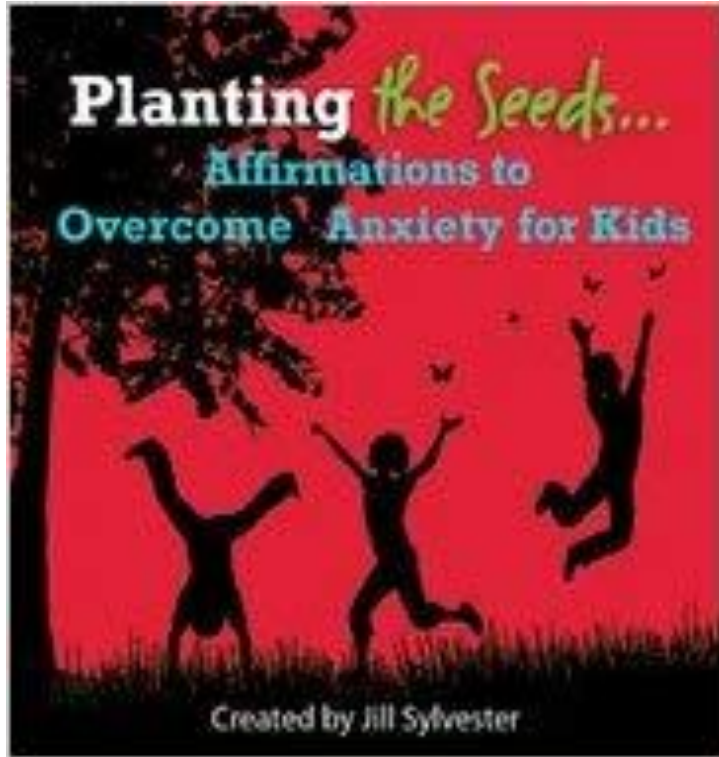
“One of the best reads I have ever read!!!!” **Rachel, 9th grade**

“Land of Blue tackles depression and addiction masterfully.” **Ilana Orloff**

“Five Stars! I loved this book, read it in one day! Should be required reading for adults and teens.” **Heather K**

Much of the power of this book lies in the author's wonderful creativity and imagination coupled with her inside knowledge as a mental health professional. I imagine this well-written book as being very powerful in helping children understand psychological challenges, feeling that they are not alone and providing skills and tools to cope, grow and heal. **Lisa Tener/Book Coach**

Planting The Seeds Line - Social/Emotional Products



BIO

Jill Sylvester is a licensed mental health counselor in private practice on the South Shore of Boston, and the author of the YA novel “The Land of Blue,” the self-help book, “Trust Your Intuition: 100 Ways to Transform Anxiety and Depression for Stronger Mental Health,” and creator of Planting the Seeds cards for kids and their caregivers at home and in the classroom. Books are available on both Amazon and Audible. For more information, including a link to our free Teachers Pay Teachers worksheets, please visit

www.jillsylvester.com

